

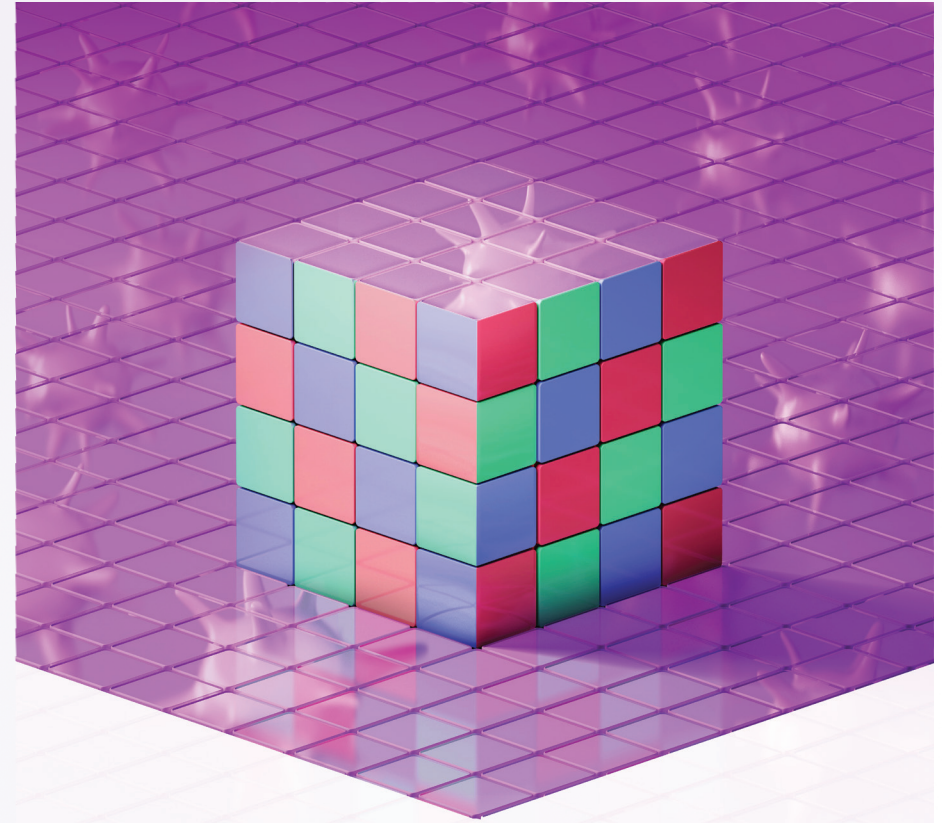
Important Questions to Ask About ITP

Ongoing research shows that there is more to immune thrombocytopenia (ITP) than just low platelet counts.

It's important to discuss every symptom you experience with your care team, whether you think these symptoms are related to ITP or not. This is especially important because your doctor may not notice all your symptoms when you're sitting in the exam room.

Here are some questions to help get the conversation started:

- 1.** What are my latest platelet numbers, and how do they compare to my numbers in the past?
- 2.** (If applicable) My platelets are in the “normal” range, but I’m still experiencing symptoms, what could be the potential cause?
- 3.** Are we trying to get my platelets steady, or are we aiming for a specific number? If a specific number, what number and why?



4. (If you experience fatigue) I've been feeling very tired lately. In fact, I have (check all that apply):
- a. Had trouble getting out of bed in the morning
 - b. Had trouble completing tasks
 - c. Been exhausted at work/Had to take a sick day because I was too tired
 - d. Been too tired to eat a proper meal
 - e. Stayed inside for multiple days in a row because I was tired
 - f. Other impacts _____
- _____

5. Could my fatigue be related to my ITP, or is it a side effect of my medication?

6. (If you experience brain fog) I've been having "brain fog"—trouble remembering things and paying attention—lately. Is this because of my ITP, or is it a side effect of my medication?

7. I've read about inflammation possibly contributing to symptoms of ITP or making them worse. Is there anything we can do to control inflammation?

8. I've also read that small brain bleeds could be related to ITP. What factors would put me at a higher risk of these bleeds?

9. What are my treatment options for the symptoms I'm experiencing?

Additional questions, symptoms, or notes:

Your ITP and its effects may change over time. Keep your healthcare team informed about any changes to be sure you're getting the most appropriate treatment as your condition evolves.

For more information, check [UnderstandingITP.com/patient/en-us](https://www.understandingitp.com/patient/en-us).

